



County of San Diego

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July 26, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – AUGUST 2017

1. ACTION ITEM(S): NONE

2. **LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS**

2.1 **Live Well San Diego Partners**

In Fiscal Year 2016-17, the County welcomed 100 new *Live Well San Diego* partners, bringing the total number of partnerships to over 300. The *Live Well San Diego* vision leverages collective strengths and includes partnering with organizations across all sectors including: local governments, educational institutions, faith-based congregations, the media, hospitals and health centers, human services agencies, hospitality and tourism companies, community-based, charitable and IT organizations. In June and July, BHS welcomed two new *Live Well San Diego* partners: Coaching Through Chaos and Kalusugan and Kalakasan.

- **Coaching Through Chaos**

On June 20, 2017, Coaching Through Chaos received their proclamation recognizing them as a BHS *Live Well San Diego* partner. Coaching Through Chaos provides mental wellness therapy services to individuals, couples and families in San Diego County and serves as a hub of free community self-help information through blogging and podcasting. The organization also supports workforce development by providing training opportunities and business-minded training to pre-licensed therapists.

- **Kalusugan + Kalakasan Center for Health & Wellness**

On July 8, 2017, Kalusugan and Kalakasan was recognized as the newest BHS *Live Well San Diego* partner at their annual Strategic Planning event at Marina Village. Kalusugan and Kalakasan is a community services organization whose purpose is to work with Filipino Americans and other underserved groups to find the path to health and wellness with the goal of living longer and enjoying productive lives that benefit the communities where they live and work. The organization was founded in 1992 and serves the South region with locations in Chula Vista and National City.

2.2 Upcoming Events

- July 30, 2017 - Live Well San Diego 5K and Discovery Expo
Again this year, the County of San Diego and the San Diego Blood Bank are hosting the *Live Well San Diego* 5K and Discovery Expo at Waterfront Park. The Expo will include free interactive activities, information and community services designed to engage residents in the County's vision for a healthy, safe and thriving region. All are encouraged to take part in this fun-filled day. For complete information and to register, visit: www.livewellsd.org/content/livewell/home/livewellsd5k.html
- September 16, 2017 - Recovery Happens
The Recovery Happens event will take place again this year at Liberty Station from 10:00 a.m. to 1:00 p.m. This annual event that celebrates and honors those on their journey to recovery will include a recovery countdown, resource fair, fun family activities and free parking.
- October 14, 2017 - Community Alliance for Healthy Minds (CAHM) Forum
The CAHM Forum, *From Hopelessness to Hope and Healing*, is scheduled for October 14, 2017, from 8:00 a.m. to 3:30 p.m. The forum will be held at California State University, San Marcos. In addition to workshops and a resource fair, the event features a keynote speech by Mark S. Komrad, MD. More information, including registration, will be available soon at www.cahmsd.org.

3. UPDATE FROM THE PREVENTION AND PLANNING UNIT (PPU)

3.1 May is Mental Health Month (MIMHM) Highlights

On Saturday, April 29, 2017, the County again partnered with the National Alliance on Mental Illness (NAMI) to organize the HHSA Wellness Expo at the NAMI 5K. The event at Liberty Station kicked-off a month of celebrating mental wellness and reducing the stigma surrounding mental illness. Over 100 exhibitors participated in the resource fair, and the interactive activities were enjoyed by children, families and pets. During opening ceremonies, Shannon Jaccard (NAMI San Diego) and Liz Kruidenier (NAMI North Coastal) accepted proclamations presented by District 3 Supervisor Kristin Gaspar recognizing May is Mental Health Month.

Promotion for the event included:

- BHS distribution of over 500 MIMHM posters and 750 flyers to community partners and behavioral health organizations.
- County News Center articles highlighting mental health awareness.
- Weekly tips sent to HHSA employees via e-mail and accompanied by green ribbons to commemorate MIMHM and bring awareness of mental health issues to the forefront.
- Creation of a community calendar with information on events and activities and posted on the BHS and Network of Care websites and sent electronically to BHS staff and providers.

MIMHM was unofficially wrapped up with the 31st Annual Behavioral Health Recognition Dinner (BHRD) on June 9, 2017. The event was held at the Marriot Mission Valley and honored individuals and programs that have made outstanding contributions to the behavioral health field and the community. In total, 16 awards were presented, including the BHS Director's Program of the Year award, presented to Neighborhood House for the Project Enable Geriatric Specialty Program. A list of the other 2017 awardees can be found at: www.bhrdsandiego.net/award-winners-2017.

3.2 Substance Use Disorders (SUD) Updates

- 3.2.1 Local law enforcement leaders, in anticipation of the increased risk for drunk and impaired driving over the extended holiday weekend July 1st through 4th, held a press conference on June 29th warning the public of the seriousness of drunk and impaired driving, and encouraging the safe enjoyment of the four days of festivities. Drunk and impaired driving includes driving or operating a boat under the influence of alcohol, some prescription drugs and marijuana.

BHS Director Alfredo Aguirre joined law enforcement leaders to address other behavioral health aspects of drunk and impaired driving. The collective message emphasized that drunk/impaired driving is a choice and that an individual's decision to do so is life endangering and a serious crime – don't do it. Since the beginning of 2017 through June 28th, there have been 14 DUI-related deaths in San Diego County, including the Mother's Day fatalities of a pregnant woman and her unborn baby. Every one of those deaths was 100% preventable.

Individuals arrested for driving under the influence of alcohol and/or drugs are required to attend a specialized substance abuse treatment program in order to retain their California driver's license, meet court requirements and prevent recidivism. Individuals who have completed that training program and reoffend are also subject to more severe legal consequences as they are considered to have "subjective knowledge" of the risk of their decision to drive impaired.

Local efforts were also part of a recurring national campaign: "Drive Sober or Get Pulled Over." From July 1st through the 4th, there were expanded DUI checkpoints countywide under the coordinated efforts of the Sheriff's Department, local police departments and the California Highway Patrol.

- 3.2.2 County BHS and NAMI San Diego will jointly host a breakout session at the upcoming California Department of Health Care Services' Substance Use Disorder Conference in Pomona, August 22–24, 2017. Linda Bridgeman-Smith, BHS DUI and Prevention Services Program Manager, and Linda Richardson, NAMI San Diego's Next Steps Program Manager, will co-present on integrating mental health services into licensed DUI programs. Mandatory attendance at State-licensed DUI programs is part of DMV and court sentencing provisions for persons convicted of DUIs.

Given the prevalence of mental health issues among the general population (one in five), DUI offenders attending DUI programs are at least at equivalent risk. In addition, conviction of DUI can be a devastating experience for people, and is often their first and only encounter with the criminal justice system or with substance abuse treatment. The targeted availability of mental health services for this at-risk group during their DUI program can provide support for positive outcomes from their treatment experience.

- 3.2.3 The Countywide Media Advocacy (CWMA) Project is a Substance Use Disorder (SUD) Prevention Service that provides technical assistance and training to support the County's BHS-funded SUD Prevention Services system. A program of the County-contracted Institute for Public Strategies, CWMA provides: media advocacy training; communication and messaging tools and templates; and media advocacy planning coordination in collaboration with our SUD Prevention Initiative providers. As one of its functions, CWMA

develops media news stories and arranges for guest presentations on radio and television talk shows to discuss current SUD-related community issues.

Recently BHS's CWMA Project was instrumental in arranging for a significant news story covered by San Diego's local NBC television station related to the drug fentanyl and its danger to law enforcement responders. Our local NBC news station interviewed Mark Conover, Deputy Assistant U.S. Attorney, regarding police officer and canine exposure to deadly levels of the drug fentanyl (a very powerful opioid) during fentanyl-related police responses. During the interview, the topic of methamphetamine use was discussed. This segment of the story was picked up by the national NBC news service, and also resulted in coverage by other local news outlets, KUSI television and KOGO radio, resulting in significantly wider coverage from CWMA's initial effort. The national NBC story can be accessed at the following link:

<http://www.nbcnews.com/news/us-news/twin-plagues-meth-rises-showdow-opioids-n776871>.

3.3 August BHS Community Engagement Forums

BHS Community Engagement Forums for 2017 will be held this August, and will follow a new process developed in response to stakeholder input from last year's forums. Traditional forums will take place:

- August 10th, 10:00 a.m. – 12:00 p.m., North County Lifeline, 200 Michigan Ave., Vista; and
- August 29th, 10:00 a.m. – 12:00 p.m., Jacob's Center, 404 Euclid Ave., San Diego.

A "Telephone Town Hall" is scheduled for August 16th from 6:30 p.m. to 7:30 p.m. to allow people to participate in a forum over the phone. In addition, an online survey will begin in August for stakeholders not able to participate in other options. To RSVP for forum events, visit: www.SDLetsTalkBHS.org, or call 619-852-7331.

3.4 New Mental Health Services Act (MHSA) Innovation Programs Approved at State Level

On May 25, 2017, three of five Innovation projects were approved by the Mental Health Services Oversight and Accountability Commission. The four-and-a-half year projects add more than \$22 Million in funding for a medication clinic for children and youth, recuperative housing for Transition Age Youth (TAY), and mobile clinics for rural tribal communities. Start dates are projected for 2018. Innovation programs are a required component of the MHSA, intended to test the effectiveness of new interventions.

The medication clinic provides ongoing consultation for children and youth with complex psychotropic prescriptions or a combination of severe physical and behavioral conditions. The recuperative housing project, known as ReST, provides supportive residential services for TAY after release from an institution, either inpatient psychiatric care or jail. The mobile services, known as ROAM, deploy two clinically-equipped buses to tribal communities, with professional staff including cultural brokers to offer traditional healing practices.

The projects approved on May 25th are part of San Diego's fourth Innovation cycle. Two additional Cycle 4 projects are being scheduled to present for state approval within the next six months. These include a telehealth concept to provide electronic devices to aide follow-up interventions after psychiatric emergencies, and a partnership with public health nurses to identify and help families deal with postpartum depression. Also being scheduled are proposals

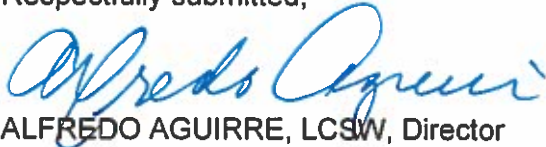
to expand two currently operating Cycle 3 projects, which focus on expressive arts for TAY and mobile teams to reach older adults identified as hoarders.

3.5 San Diego American Indian Health Youth Center Activities

The month of June was full of education, fun, and community building for the Native American youth at the San Diego American Indian Health Youth Center. The Youth Center held their first Gathering of Native Americans (GONA), a family campout held on the La Jolla Indian Reservation. This suicide prevention activity was based on the GONA core values of Belonging, Mastery, Interdependence, and Generosity. Each day included strength-based education involving the core values as well as healing activities. Youth also participated in the Youth Resiliency Conference which consisted of inter-tribal motivational speakers, team building activities, and suicide prevention education including QPR training. Participants then joined in talking circles to discuss the book and recent series, *13 Reasons Why*.

The last week of June, the Youth Center held their Culture Camp with the theme: *Water is Sacred*. The entire week was based on cultural connectedness to water and included Indigenous Cultural Educators from various California tribes. Activities included storytelling, tule boat making, surfing, snorkeling, kayaking, algal pressing and sound focused mindfulness. In addition, the Youth Center partnered with the UCSD Inter-Tribal Resource Center for a film screening and panel discussion of *Paya: the Water Story of the Paiute*. On the last day of Culture Camp, a family picnic open to the entire community included GONA based activities, cultural education, team building, and family togetherness. A great end to a powerful month!

Respectfully submitted,



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AA/tf

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